The USACHPPM "Ultimate Warrior" on the Army Knowledge Online

A Best Practice in Leveraging Technology

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BRIEFING OUTLINE

PURPOSE: To brief and demonstrate an innovative best practice in nutrition education that will change our nutrition counseling paradigm.

1. Background of Pilot
2. Outcomes of Pilot
3. Joint Expansion
4. Demonstrate Website

Ultimate Warrior Communities: Leveraging Technology

- G1 request to increases access to USAR, USNG, AGR and deployed Soldiers in remote sites.
- First, real time, synchronous internet-based web counseling provided by registered, licensed and credentialed health care providers on AKO.
- Currently Two Communities on the Ultimate Warrior Website:

  "Weigh to Stay" for weight management/loss:
  Gold Standard weight management program, 4 one hour sessions, Closely aligned with the DOD Nutrition Committee,
  6,600 members.

  "HOOAH Bodies" for dietary supplements, sports nutrition, endurance training and body building: Currently 11 presentations plus resources. Closely aligned with DOD Dietary supplement committee, 1,500 members.

“Weigh to Stay”: Session 1: The Basics

- Identify reasons for maintaining an appropriate weight-
  IAW AR 600-9.
- Calculate body fat & BMI for daily caloric intake.
- Identify nutrition basics & myths.
- Discuss hazards of fad diets & nutrition myths / Identify
  dangers of supplements.
- Learn to read food labels (Nutrition Facts).
- Discuss the importance of exercise/physical activity.

“Weigh to Stay” Session 2: The Tools

- Learn meal planning:
  - Food guide pyramid
  - Individual calorie needs
- Discuss weight loss strategies.
- Introduce behavior modification.
- Address hunger & timing of meals.
- Portion control.
- Analyze food & activity records.
- Meal planning based on daily schedules.

“Weigh to Stay” Session 3: Exercise

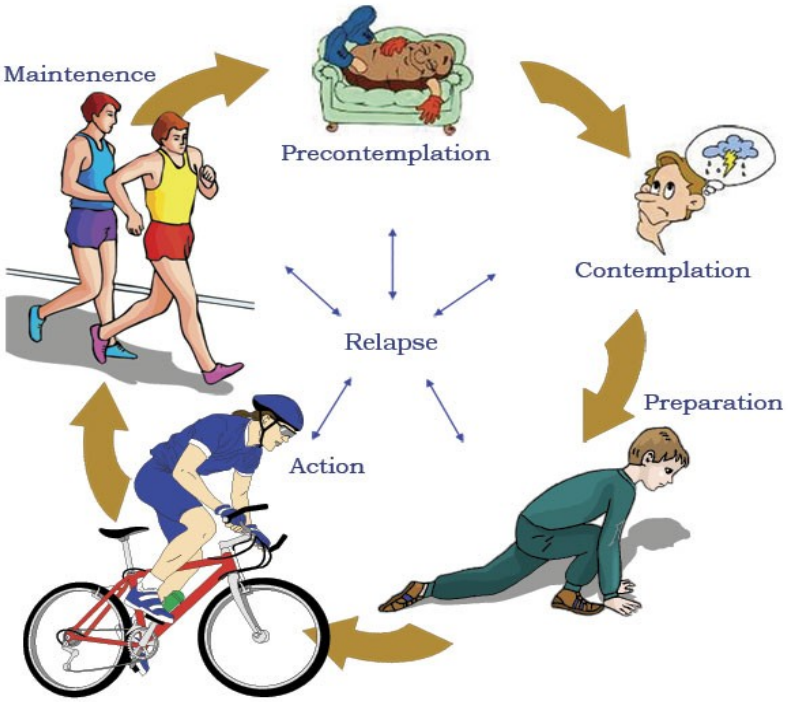
- Understand exercise basics:

  - Cardio respiratory fitness
  - Muscular fitness
  - Flexibility

- Design an effective exercise program.
- Avoiding injuries/ Discussion of exercise myths.
- Setting fitness & nutrition goals.

“Weigh to Stay” Session 4: Behavior Change

- Behavior change strategies: Prochaska/ DeClemente Stages of Change Model



“HOOAH Bodies” on AKO:

Currently 11 classes with plans of a curriculum:

Preparing for the Army Physical Fitness Test (APFT)
Sports drinks
Hyponatremia
Nutrition for road marching
Caffeine dosage for continuing operations
Carbohydrate loading
Recovery nutrition – weight lifting recovery Nutrition – endurance sports
Protein needs – weight training
Protein needs – endurance sports
Carbohydrate needs – weight training
Carbohydrate needs – endurance
Sports pre event meals
Designing a training diet
Fat needs, good fats, bad fats…
Hydration guidelines
Pregnancy and working out

“HOOAH Bodies” on AKO:

Exercise in extreme heat

Exercise in extreme cold

Exercise at high altitude

Vegetarian sports nutrition

Planning a training diet

Fueling for ultra endurance events

Multiday and multileg endurance events

How to gain weight

How to lose weight without compromising athletic performance

When do you need a weight gain powder?

Differences in protein powders (whey, whey isolate, soy, etc…)

Mental preparation for sports events (link to Peak Performance Website from USMA).

“HOOAH Bodies” on AKO:

Quick breakfast ideas for a training diet

Quick lunches

Stocking your training pantry (what to have in your house so you can easily follow a training diet, focus on shelf stable and freezer foods)

Muscle cramps – Is your diet to blame?

Anemia & athletes

Female athlete triad

Eating disorders -prevention and treatment

PMS and performance

Nutrition and healing

Changing your eating environment (stock your home, work and car with performance foods)

Smoothies for weight gain and weight loss

Nutritional requirements of amputees

“HOOAH Bodies” on AKO:

Meal replacements Following a training diet while deployed:

Common terms definition list/ dictionary

Also…

Book Reviews

Event Blogs on:

- Army 10 Miler
- Bataan Death March
- Amsterdam Marathon Ultra-Running
- Ironman Triathlon
- Deployment & Performance Eating
- Cross Country, 5K, 10K distance
- Recommendations welcomed!

Registration is Simple

- **Log on to AKO – go to My Medical –go to "Ultimate Warrior" banner – Complete 3 simple steps:**
  - **DD Form 2870**
  - **Preliminary Data Collection Form**
  - **Download JAVA Script 2000**

SEPARATE REGISTRATIONS ARE NEEDED FOR EACH COMMUNITY

Registration into a community then allows registration for classes.

Newest Addition to the Ultimate Warrior Communities

NATURAL MEDICINES
COMPREHENSIVE DATABASE
CONSUMER VERSION

1-2 page product review

Over 60K brand names

Regular updates

dietitians,

pharmacists

NATURAL MEDICINES
COMPREHENSIVE DATABASE
PROFESSIONAL VERSION

7-8 page product review

Over 60K brand names

Regular updates

Professional training for

physicians, nurses and

OUTCOMES

Explicit Cost Savings:

$950.00 per participant. (Mileage and mean labor savings)

Potential cost savings:

13.3 M for all flagged AD Soldiers.

training costs savings from attrition: $87.5 M per year.

Implicit Cost Savings:

Health benefits of 85.5% successfully losing weight.

Average weight loss over 20 days:

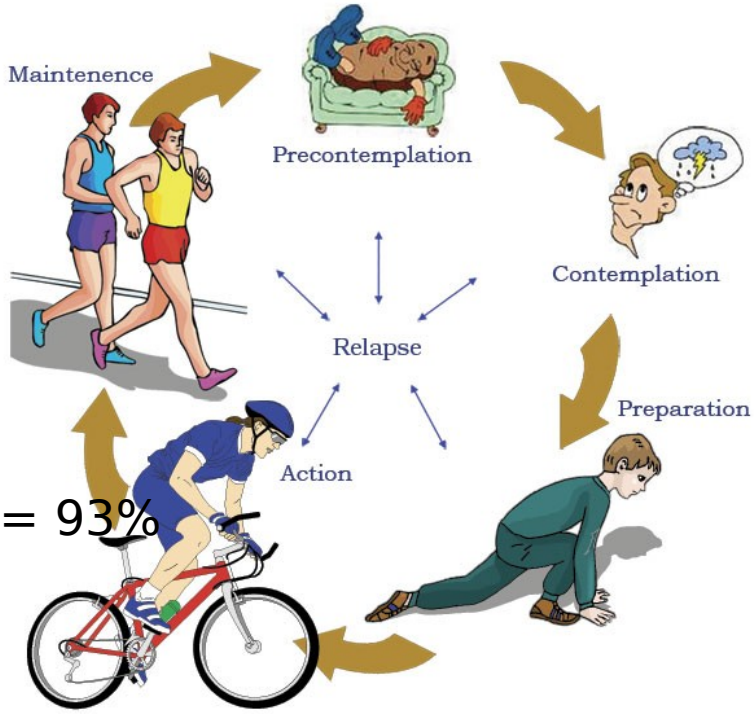
7.15lb = USNG

5.62lb = AD

5.0 lb = USAR

4.5 lb = AGR

OUTCOMES



Satisfaction:

Extremely informative = 93%

Extremely focused on their needs = 93%

Best way to train = 97%

Statistically Significant Behavior Changes: Chi-Square Tests; McNemar-Bowker Test = .017

Start behavior * End Behavior Crosstabulation:

58.1% started in stages 1-3

41.9% started in stages 4-5

20.3% ended in stages 1-3

79.7% ended in stages 4-5

Joint Training

- Ultimate Warrior on AKO approved of by All Services Chief Dietitians for partnership and participation.
- Benefits DOD.
- Cost effective.
- Promotes standardizations and shared visions.
- Promotes vision of unified MEDCOM of the future.
- Promotes current priority of Joint medical training

Incentivizing Prevention:

- USNG, USAR points for attending classes.
- Enlisted promotion points.
- CME’s, CEU’s.
- Convenient, cost savings.
- Anonymity.
- Safety.

Opportunities:

- DISA offering IBM Same Time software for DOD wide implementation of "E-Collab" internet collaborative services.
- Pentagon pilot as best practices of Joint Service.

Challenges:

- E-Collab Implementation planned for 1 Oct 07, train all Service dietitians.
- Need to include this method into AR 600-9 as an alternative to the mandatory "face-to-face" counseling.
- Need funds for higher level programmer (150k/year).

Ultimate Goal:
Beyond the Pentagon

Establishment of the first ever USACHPPM Distance Learning Center for Preventive Medicine and Health Promotion, providing real time, web based counseling worldwide.

QUESTIONS ?

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